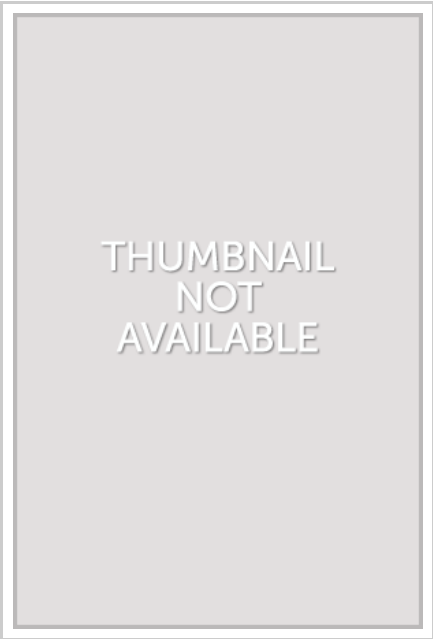


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Natural Pregnancy Book: Your Complete Guide to a Safe, Organic Pregnancy and Childbirth with Herbs, Nutrition, and Other Holistic Choices (Paperback)

By Aviva Jill Romm

Random House USA Inc, United States, 2014. Paperback. Book Condition: New. 3rd Revised edition. 236 x 184 mm. Language: English . Brand New Book. A revised and updated edition of the classic handbook for women seeking a safe, organic, eco-friendly, and natural pregnancy, featuring an integrative-based approach with new medical, herbal, and nutritional information. Every mother wants the best for her unborn child, from the baby s conception to birth. What s more, every mother wants clear, straightforward information delivered in a calm, empowering voice from someone who knows the facts. Enter Dr. Aviva Jill Romm, an expert in natural childbirth with more than twenty years of experience in both alternative and allopathic medicine. In this newly revised third edition, Dr. Romm takes a holistic approach, emphasizing natural remedies wherever possible and providing up-to-date advice on herbs that promote wellness during pregnancy, and alleviate such familiar concerns as anxiety, fatigue, morning sickness, and stretch marks. With tips for a nutritious diet, exercise and posture, and information on the emotional and physical changes that childbearing brings, The Natural Pregnancy Book is your comprehensive guide to a safe, healthy pregnancy, as nature intended it.

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